What is claimed is:

1. A method for inserting at least one frusto-conical spinal fusion implant made of a material appropriate for human implantation, said implant having bone engaging means for engaging the adjacent vertebrae in a segment of the spinal column, comprising the steps of:

distracting the two vertebrae adjacent the diseased disc and placing the two vertebrae in the desired amount of lordosis;

drilling a frusto-conical recipient bore across the disc space and into the adjacent vertebrae, said bore being at least in part greater in diameter than the disc space height such that some bone is removed from each of the adjacent vertebrae; and

inserting a frusto-conical spinal fusion implant into said recipient bore.

2. The method claim 1 in which said bore is greatest in diameter anteriorly and tapering to a lesser diameter posteriorly.

3. The method claim 1 in which said bore is substantially cylindrical.

4. The method of claim 1 in which said step of drilling includes the use of a drill having a substantially frusto-conical shaped bone removing means.

5. The method of claim 1 in which a second spinal fusion is implanted across the disc space engaging each of the adjacent vertebrae side by side and adjacent to said first spinal fusion implant.

6. The method of claim 5 comprising the step of drilling a second recipient bore across the disc space partially overlapping said first bore, the combined width of said first and second recipient bores being less than the sum of the individual diameters of said first and second recipient bores; and inserting a second spinal

fusion implant.

7. The method of claim 1 in which said method is performed from the anterior aspect of the spinal column.

8. The method of claim 1 in which said method is performed from the posterior aspect of the spinal column.

9. The method of claim 1 in which the step of drilling said recipient bore includes the removal of a portion of bone parallel to the endplates of said adjacent vertebrae.

10. A method for inserting at least one frusto-conical spinal fusion implant made of a material appropriate for human implantation, said implant having bone engaging means for engaging the adjacent vertebrae in a segment of the spinal column, comprising the steps of:

distracting the two vertebrae adjacent the diseased disc;

drilling a recipient bore across the disc space and into the adjacent vertebrae, said bore being at least in part greater in diameter than the disc space height such that some bone is removed from each of the adjacent vertebrae; and

inserting a frusto-conical spinal fusion implant into said recipient bore.

11. The method of claim 10 in which said recipient bore is generally cylindrical in shape.

12. The method of claim 10 in which said step of drilling includes the use of a drill having a substantially cylindrical shaped bone removing means.

13. The method of claim 10 in which a second spinal fusion is implanted across the disc space engaging each of the adjacent vertebrae side by side and adjacent to said first spinal fusion

implant.

14. The method of claim 13 comprising the step of drilling a second recipient bore across he disc space partially overlapping said first bore, the combined width of said first and second recipient bores being less than the sum of the individual diameters of said first and second recipient bores; and inserting a second spinal fusion implant.

15. The method of claim 10 in which said method is performed from the anterior aspect of the spinal column.

16. The method of claim 10 in which said method is performed from the posterior aspect of the spinal column.

17. The method of claim 10 in which the step of drilling said recipient bore includes the removal of a portion of bone parallel to the endplates of said adjacent vertebrae.